

Food Bytes

D.C. Farm to School

Did you know the Farm to School Program team assists schools in procuring and serving local foods and in incorporating farm to school concepts into the school environment through teacher training and technical assistance and District-wide events such as Growing Healthy Schools Week and Strawberries and Salad Greens Day.

Nutrilink: Visit

[www.https://osse.dc.gov/service/farm-school-program](https://osse.dc.gov/service/farm-school-program)

<http://dgreens.org/dc-farm-to-school-network>

for ideas to celebrate farm to school.

Walk to School Day

Kids from communities around the world walk, bike or roll in a wheel chair to school on Walk to School Day. The 2017 event is scheduled for October 4.




How to Walk, Bike or Wheel to School?

- Involve students of all abilities—kids who can walk, bike or use a wheel chair.
- Plan for kids who ride the bus to be dropped off 1-2 blocks away. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Nutrilink: www.walkbiketoschool.org

Breakfast—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Whole Grain Waffles Syrup Fresh Fruit
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Turkey Sausage Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onion Whole Grain Roll Fresh Fruit
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Turkey Sausage Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onion Whole Grain Roll Fresh Fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Pancakes and Syrup Scrambled Eggs Fresh Fruit	Whole Wheat French Toast Syrup Turkey Sausage Fresh fruit	Whole Grain Waffles Syrup Turkey Bacon Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Bagel Cream Cheese Fresh Fruit	Whole Grain Waffles Syrup Turkey Bacon Fresh fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onion Whole Grain Roll Fresh Fruit

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT

FREE MILK

*** MENU SUBJECT TO CHANGE.

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Lunch—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Chicken Patty Sandwich Whole Grain Bun Zucchini 100% Fruit Juice
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Chicken Parmesan Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Chicken Taco Taco Shell Baked Beans Granola Bar Fresh Fruit	Macaroni and Cheese Broccoli Fresh Fruit	Chicken Salad Whole Grain Bun Cucumber, Onion and Tomato Salad 100% Fruit Juice
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Chicken Patty on Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Turkey Pepperoni Pizza Mixed Green Salad Fresh Fruit	Chicken Drumstick Cornbread Muffin Carrots Fresh Fruit	Spanish Rice With Chicken Baked Beans Fresh Fruit	Turkey Ham and Cheese Sandwich Celery and Carrot Sticks 100% Fruit Juice
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Fish Sandwich Whole Grain Bun Zucchini Squash Fresh Fruit	Chicken Teriyaki/Stir Fry Brown Rice Corn Fresh Fruit	Chicken Taco Taco Shell Mixed Green and Tomato Salad Fresh Fruit	Chicken Patty Sandwich on Whole Grain Bun Carrots Fresh Fruit	Turkey Hot Dog Ultra Whole Grain Bun Baked Beans 100% Fruit Juice
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Roasted Turkey Mashed Potato Bean Salad Whole Grain Bun Fresh Fruit	Bean and Vegetable Chili Brown Rice Mixed Green Salad Fresh Fruit	Chicken Patty on Whole Grain Bun Oven Fried Potato Fresh Fruit	Spaghetti and Chicken Carrots Fresh Fruit	Turkey Ham and Cheese Sandwich Celery Sticks Fresh Fruit

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Vegetarian—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Garden Patty Sandwich Celery Sticks 100% Fruit Juice
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Garden Patty Parmesan Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Tofu and Veggie Taco Taco Shell Baked Beans Granola Bar Fresh Fruit	Macaroni and Cheese Broccoli Fresh Fruit	Garden Patty Salad Whole Grain Bun Cucumber Onion and Tomato Salad 100% Fruit Juice
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Garden Patty on Whole Grain Bun Oven Fried Potatoes Fresh Fruit	Vegetarian Cheese and Veggies Pizza Mixed Green Salad Fresh Fruit	Vegetarian Chick'n Nuggets Cornbread Muffin Carrots Fresh Fruit	Spanish Rice with Tofu and Vegetables Baked Beans Fresh Fruit	Vegetables and Tofu Sandwich Celery and Carrot Sticks 100% Fruit Juice
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Vegetable Patty on Whole Grain Bun Zucchini Squash Fresh Fruit	Tofu and Vegetable Stir Fry Brown Rice Corn Fresh Fruit	Vegetarian Taco Taco Shell Mixed Green and Tomato Salad Fresh Fruit	Garden Patty Sandwich on Whole Grain Bun Carrots Fresh Fruit	Veggie Dog Whole Grain Hot Dog Bun Baked Beans 100% Fruit Juice
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Vegetarian Patty Whole Grain Bun Mashed Potato Bean Salad Fresh Fruit	Vegetable and Bean Chili Brown Rice Mixed Green Salad Fresh Fruit	Garden Patty on Whole Grain Bun Oven Fried Potato Fresh Fruit	Macaroni and Cheese Carrots Fresh Fruit	Vegetable and Tofu Sandwich Celery Sticks Fresh Fruit

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Snack—September 2017

Top Spanish Catering, INC

				Friday, September 1
 				Graham Crackers Milk
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
	Corn Muffin Milk	Fat Free Yogurt Fresh Fruit	Pretzel 100% Fruit Juice	Blueberry Muffin Milk
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Graham Crackers 100% Fruit Juice	Blueberry Muffin Milk	1/2 Turkey Sandwich	Mini Croissant Fruit Jelly Milk	Pretzel Fresh Fruit
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Corn Muffin Milk	Fat Free Yogurt Fresh Fruit	Fresh Carrot and Celery Sticks 100% Fruit Juice	SUNCHIP Multigrain Chips Milk	Cheese String Fresh Fruit
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Pretzel Milk	1/2 Turkey Sandwich	Cheese String Fresh Fruit	Fresh Carrot and Celery Sticks 100% Fruit Juice	SUNCHIP Multigrain Chips Milk

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